

Happy Holidays!



# Kingsport Senior Center News

December 2010

Volume XVIII Edition 12

1200 East Center Street Kingsport,  
Tennessee 37660

## Kingsport Senior Center

### Third Annual Christmas Tree Forest

4ft decorated trees, table decorations  
and wreaths. Items will be on  
display till January 7th daily  
8:00 am - 7:00 pm

Kingsport Renaissance Center  
1200 E. Center St.

Attend the Christmas Lunch and Community  
Christmas Party and Tree Auction on Thursday, December  
16th, Time: 11:30am

Bid on the trees, wreaths and table decorations  
Sample finger foods and vote for your favorite  
at 10:30am

see Santa and the elves!

Sign-ups begin December 1st in the senior center office

For information on sponsorship of trees, wreaths and table decorations, for the Christmas  
Tree Forest : call 392-8400

## Center News

### Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

### Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund

**The Kingsport Senior Center is located at  
1200 E. Center Street at the Renaissance Center.**

**For more information call the Center at (423) 392-8400  
<http://seniors.kingsporttn.gov>**

### Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm  
Saturday 9:00 am ~ Noon**

**\*The exercise room & computer lab will close  
15 minutes prior to the closing of the Center.**

**Senior Center Closings:  
Thursday, December 23, 2010  
Friday, December 24, 2010  
Saturday, December 25, 2010  
Friday, December 31, 2010**

**Membership dues  
For Fiscal year  
July 1, 2010-June 30, 2011**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

Advisory Council Meeting  
Thursday, December 2, 2010  
12:30 p.m.  
Room: 228

### Kingsport Senior Center Staff

Director ~ Shirley Buchanan  
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### Newsletter Staff

**Operations Editor ~ Shirley Buchanan  
Editor— Michelle Tolbert**

**Partial funding by the Area Agency  
on Aging and the**

**Tennessee Commission on Aging  
The Kingsport Senior Center does not  
discriminate on the basis of race, color,  
or national origin.**

**The Kingsport Senior Center accepts donations  
and  
contributions. Your favorite  
program area may be specified**



# Wellness

## WELLNESS SEMINARS

**Medicare Made Clear:** Medicare enrollment is just a few weeks away. National surveys show that most seniors are confused by Medicare. India Foy, Moderator will be at the Center on **Tuesday, December 28, 2010** at 10:30 am in the Card Room and is limited to 30 seats. This seminar will help you learn the basics of Medicare presented in a simple, easy to understand educational seminar called "Medicare Made Clear". Medicare Made Clear introduces the Medicare choices that are available and explains the important differences between those choices. The seminar will answer important questions like:

- **When am I eligible?**
- **Do I want only Original Medicare (Parts A and B)?**
- **What are the differences between Original Medicare with (or without) a Prescription Drug Plan (Part D) or Medicare Advantage Plan (Part C)?**
- **If I get a Medicare Advantage plan, do I want it with or without prescription drugs?**
- **When can I sign up for Medicare?**

The "Medicare Made Clear" seminar helps individuals determine the option that is best for them. There are no commercial endorsements in the seminar content. We recognize that every senior has their own specific health care needs. To address their needs, the moderator will provide contact numbers to find answers for complicated circumstances. All members are encouraged to stop by for some valuable information.

**Digestion:** Cynthia Gallimore, Wellness Solutions Provider will be at the Center on **Thursday, December 2, 2010** from 12:30 pm to 1:30 pm in the Card Room. Topics of discussion will be "Optimizing Your Health: Digestion". Light refreshments will be served. All members are invited and we hope to see you there.



**Jack Cox, Shirley F. Cox, and Johnnie Armstrong working out in the Exercise Room on the NuStep.**

## TOURNAMENTS

**Doubles Pickleball Tournament:** We invite all Pickleball players to show off your skills on **Friday, December 10, 2010** at 10:00 am in the Lynn View Gym. This tournament will be luck of the draw pickleball, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament, with a minimum of 12 players to sign up for tournament to be played. Sign up in the Office.

**Table Tennis Tournament:** We invite all table tennis players to show off your skill on **Wednesday, January 19, 2011** at 1:00 pm. Cost is \$2.00 per person and we will need 12 to sign up for tournament to be played. This tournament will be doubles play, best of three games with double elimination. Sign up start December 21, 2010.

### **Tennessee Men's Basketball**

Come join us as we travel to Knoxville on **Saturday, February 5, 2011** for the TN Men's vs Alabama. Cost is \$24.00, which includes your ticket and transportation with Todlow Coach. We will depart the Senior Center at 12:30 pm with lunch on your own at Calhoun's. We have 46 tickets available and a (2) ticket limit per person, sign up begin **Wednesday, January 5, 2011 so mark your calendar!**

### ***CLICK AND YOU'RE SICK***

Never mind doorknobs and faucet handles-the real viral hot spot in your home is the TV remote control. A University of Virginia study discovered that half of TV remotes belonging to people with colds were contaminated with the rhinovirus. What's more, the bug, which causes 35 percent of colds, survived on the channel changers for 2 days. "The microscopic secretions of mucus embedding the virus may help it survive so long," says study author Birgit Winther, M.D. Debug your remote with disinfecting wipes that contain ammonium chloride.

### ***A HEALTH-FOOD FRAUD?***

Maybe that garden burger isn't such a great choice after all-and not just because of the way it tastes. Australian researchers recently discovered that soy protein may not be as good for your heart health as it's often claimed to be. In the 3-week study, men with above-normal cholesterol levels ate 24 grams of soy a day-the amount previously thought to significantly lower blood lipids. The result: Participants' LDL (bad) cholesterol levels didn't budge. The scientists aren't yet sure why soy protein wasn't effective but suggest that it may still provide other heart benefits besides cholesterol reduction.

# Daily Activities and Classes at the Center

## Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym  
Woodworking ~ 8:30 ~ Woodshop  
Chinese Yoga ~ 8:30 ~ Lynn View Community Center  
Quilting ~ 9:00 ~ Room 303  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45 ~ Travel  
Strength Training ~ 10:15 ~ Gym  
Lap Swimming ~ 12:30-1:00 ~ DB Pool  
Table Tennis ~ 1:00 ~ Gym  
Volleyball ~ 4:00 ~ Gym

## Tuesday ~

Tai-chi ~ 8:30 ~ Room 310  
Woodworking ~ 8:30 ~ Woodshop  
Step Aerobics ~ 8:30 ~ B&G Club  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Basket weaving ~ 9:30-11:30, 12:00-2:00  
Room 303  
Core Conditioning ~ 9:30 ~ Boys and Girls Club  
Strength Training ~ 9:30 ~ Gym  
Renaissance Strings ~ 10:00 ~ Multipurpose Rm  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Power Yoga ~ 11:00 ~ First Broad Street UMC  
Dulcimer (Beginning) ~ 11:00 ~ Multipurpose Room  
Yoga ~ 11:45 ~ First Broad Street UMC  
Good Neighbors ~ 12:15 ~ Lounge  
Lap Swimming ~ 12:30—1:00 ~ DB Pool  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Piano Lessons ~ 1:30 ~ Multipurpose Room  
Basketball ~ 4:00 ~ Gym  
Karaoke ~ (3rd Tuesday) 4:00 ~ Cafeteria  
Ballroom Video Class ~ 4:30pm ~ Room 302

## Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym  
Woodworking ~ 8:30 ~ Woodshop  
Strength Training ~ 10:15 ~ Gym  
Intermediate Clogging ~ 11:15 ~ Room 302  
Lap Swimming ~ 12:30-1:00 ~ DB Pool  
Hand and Foot Card Game ~ 12:30 ~ Card Room  
Table Tennis ~ 1:00 ~ Gym

## Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room  
Woodworking ~ 8:30 ~ Woodshop  
Tai-chi ~ 8:30 ~ Room 310  
Step Aerobics ~ 8:30 ~ B&G Club  
Woodworking ~ 8:30 am -3:30 pm ~ Woodshop  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Core Conditioning ~ 9:30 ~ Boys and Girls Club  
Strength Training ~ 9:30 ~ Gym  
Exercise for Everybody ~ 10:30 ~ Gym  
Power Yoga ~ 11:00 ~ First Broad Street UMC  
Yoga ~ 11:45 ~ First Broad Street UMC  
Good Neighbors ~ 12:15 ~ Lounge  
Volleyball ~ 1:00 ~ Gym  
Lap Swimming ~ 12:30-1:00 ~ DB Pool  
Pickleball ~ 4:00 ~ Gym

## Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym  
Woodworking ~ 8:30 ~ Woodshop  
Genealogy Group ~ 9:00 ~ Computer Lab  
Strength Training ~ 10:15 ~ Gym  
Lap Swimming ~ 12:30—1:00 ~ DB Pool  
Bridge Group ~ 1:00 ~ Lynn View  
Pickleball ~ 1:00 ~ Gym

## Saturday ~

Basketball ~ 9:00 ~ Gym  
Harmonica ~ 9:00 ~ Lounge  
Table Tennis ~ 10:30 ~ Gym

**See Session I Class Schedule In January 2011 Newsletter**





## ***Travel and Special Events***

**SWVA Museum Christmas Tree Exhibit / lunch at Prime Sirloin Steakhouse , Big Stone Gap, VA.** ~ Wednesday, December 1, 2010 ~ depart at 10:00am, return by 4:00pm. Cost: \$2.00 at sign-up, plus lunch on your own and \$3.00 cash only day of trip. Sign-ups began: Nov 5th.

**Visit Mountain Music Museum / lunch at Piccadilly, Bristol Mall, Bristol, TN.** ~ Friday, December 3, 2010 ~ depart at 10:30am, return by 4:00pm. Cost: \$2.00 at sign-up, plus lunch on your own. Sign-ups began: Nov 5th.  
\*Donations accepted at museum.

**Out-To-Lunch-Bunch ~ Family Bakery & Restaurant, Gate City, VA.** ~ Wednesday, December 15, 2010 ~ depart at 10:30am, return by 3:00pm. Cost: \$2.00 at sign-up, plus lunch on your own. Sign-ups began: Nov 5th.

**Story of the Magi** ~ Tuesday, December 14, 2010 ~ light refreshments will be served. Cost: FREE. Time: 10am in the card room. Presented by Jack Mahaffey. Sign-ups begin: December 1st.

**Seminar ~ "New Medicare Changes for TN/VA Residents"** ~ Tuesday, December 21, 2010 ~ 12:30 pm. Light refreshments will be served. Cost: FREE. No sign-up required.

**French Classes** ~ Saturdays, beginning January 8, 2011 ~ 9am in the card room. Instructor: Fay Saffari. Cost:\$30.00. Sign-up begins: December 6th.

**Warrior's Path Animal Visit with Marty Silver, Ranger** ~ Tuesday, January 11, 2011 ~ 12:30 pm in the atrium. Cost: FREE. No sign-up required.

**Out-To-Lunch-Bunch ~ Beef O'Brady's, Boones Creek** ~ Friday, January 14, 2011 ~ depart at 11:00am, return by 3:30pm. Cost: \$2.00 at sign-up, lunch is on your own. Sign-ups begin: December 3rd.

**Presentation on Solar Energy** ~ Tuesday, January 18, 2011~ Card Room~ presented by: Paul Von Bramer. Cost: FREE. Sign-up begins December 15th. Light refreshments will be served.

**Information Seminar on Kingsport Alliance for Continued Learning** ~ Tuesday, February 1, 2011 ~ 12:15pm. Cost: FREE. Light refreshments will be served. Sign-ups begin: January 4th.

**"Passing on your History" with Author Lisa Hall** ~ Thursday, February 3, 2011 ~ 12:15 pm. Cost: FREE. Light Refreshments will be served. This program includes oral history and scrapbooking. Sign-ups begin: January 7th.



**Betty Vest and Joan Wilder at Newcomer's Brunch, sponsored by Friends of the Senior Center October 2010**



**Newcomer's Brunch door prize winners**



**Ruth Hamm and Shirley Cox enjoy the Halloween Party**

## News To Use

### **Widowed Person's Support Group**

Thursday, December 16, 2010

Time: 5:00 p.m.

Multipurpose Room

Topic of discussion: "Keep Your Christmas Tree Green"

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### **Cooking Class**

Senior Center Lounge

Monday, December 19, 2010

Time: 9-12:30pm

Facilitator: Nathalie Trent

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### **Library Book Day**

Thursday, December 16, 2010

Time: 9-11 a.m.

Table in front of the senior center office

\*There are several overdue books, please check to see if you have a library book and return it as soon as possible\*

**THANKS**

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### **Home Instead Senior Care**

Kim Ramey wraps gifts for the Be A Santa to a Senior 2009

Be sure to pick-up your card for this years Be A Santa To A Senior by the front office

Gifts should be dropped off by December 12th



### **Massage Therapy Appointments**

Every other Tuesday with Kirsty Zahnke, BSc, CMT,  
call (276) 870-2396 or (276) 523-0610, 1 hr massage, \$50.00  
and

Fridays with Debra Defrieze, 30 minute massage, \$15.00, call  
(423)791-4693

Schedule appointments by calling and pay massage therapist.

### **A TASTY TREAT FROM MARSHA**

#### **Marzetta**

**1 lb. ground beef**

**1 onion, chopped**

**1 small green pepper, chopped**

**1/2 cup Celery, chopped**

**6 oz. egg noodles**

**Garlic, to taste**

**Italian Seasoning, to taste**

**May use other spices on hand, i.e.**

**marjoram, basil, oregano**

**3 tablespoons Worcestershire sauce**

**1 can cream of mushroom soup**

**1 can tomato soup**

**1 can cream of celery soup**

**1 can crushed or diced tomatoes**

**Mozzarella cheese**

**Brown ground beef, set aside. In same pan beef was browned, sauté the onion, green pepper, and celery. Set aside. Cook noodles according to package directions.**

**Mix together other ingredients, add meat, vegetables, noodles and mix well.**

**Put in baking dish and top with cheese. Bake at 350 degrees for 30 minutes.**

**Freezes well...I just do not put cheese on till ready to bake.**

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### **Remembering When: Fall and Fire Prevention Seminar with Lunch**

The Kingsport Fire Department in conjunction with The Kingsport Senior Center will be conducting two seminars on fall and fire prevention. A FREE lunch will be provided for those who sign up before the deadline. Come out and find out if you are doing all you can to prevent injuries from falls and house fires.

#### **Program Dates:**

Tuesday, January 4, 2011 ~ 11:30am ~ Kingsport Senior Center  
And

Thursday, January 6, 2011 ~ 11:30am ~ Lynn View  
Community Center Branch Site Cafeteria

**Deadline to sign-up: December 28, 2010 by 5:00pm**



# ***Your Page***

## **From the Dancing Corner**

December is an exciting time for both dance lovers and music lovers alike. There are three events : the Allandale Dance on Tuesday, December 7; the regular dance at the Rascals Teen Center on the 10th and the New Year's Eve Dance at the Rascals Teen Center. All three dances are smoke-and-alcohol-free events.

The Allandale Dance features The Patti Quarles Trio, while The Big Band Theory (a nine member band led by Marc Strand) will perform for the other two dances at Rascals. While you can pay at the door for the December 10th dance at Rascals, the Allandale Dance and New Year's Eve dance both require reservations. Tickets are going fast, so purchase your tickets early. New Year's Eve tickets are not available at the senior center.

### **Allandale Dance with Live Music from The Patti Quarles**

**Trio** When: Tuesday, December 7, 2010

Time: 6:30-9:30pm

Where: Allandale Mansion

The cost is \$10.

**Sorry, tickets are sold out!**

### **December Dance with Live Music from The Big Band Theory**

When: December 10, 2010

Time: 7:00 PM—10:00 PM

Where: Rascals Teen Center

125 Cumberland Street, Kingsport

The cost is \$5.00 per person. Please bring a dessert or snack to share.

### **New Year's Eve Dance with Live Music from the Big Band Theory Friday, Dec 31, 2010**

**\*\*Volunteers Needed\*\***

**The Kingsport Senior Center is beginning a Fire Prevention and Fall Prevention initiative with the Kingsport Fire Department. We are looking for a few Volunteers who are willing to be trained to give the presentation to home — bound seniors. The requirement will be to give 5 presentations over the next 12 months. Presentations take approximately 30 minutes. If you are interested please contact Cindy Price for more information at 392-8402**

**\*Donate Today\*  
to**

**Sullivan County Sherriff  
Department Annual Toy Drive  
Drop off new or clean used toys**

**by the senior center office no later than December 10th.**

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## **1 Hour Manicures**

Provided by DB  
Cosmetology  
students

Cost: \$2.00, paid to  
manicurist

Time: 11:30

last appointment at 1:30pm

Please sign-up in the office by December 13th

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## **Just for Singles Fun Dinner**

**Thursday, December 9, 2010**

**Time: 6:00 PM**

**Where: 1st Floor Atrium**

**Sign-ups begin: November 23rd**

**Sign-ups recommended, walk-ins welcome!**



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## **Coat and Blanket Drive**

**December—January**

**Please drop off items at the senior center office.  
Coats and blankets will go to needy charities in  
the Kingsport Area**

Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN. 37660  
Phone: 423-392-8400

PRSRT STD  
U.S. POSTAGE  
PAID  
KINGSPORT, TN  
PERMIT NO. 291

The Senior Center Athletic Club will be  
cooking and serving  
pancakes at Applebee's  
Saturday, December 12, 2010  
Time: 8:00am  
Cost: \$5.00 per breakfast, see any  
club member for tickets  
or  
pay at the door

Bristol Senior Show  
Choir performs  
"Celebrate the Good  
Times"

